



Stages of a Critical Incident Stress Debriefing (CISD)

Objectives

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| Stage 1 | → Introduction | → To introduce intervention team members, explain process, set expectations. |
| Stage 2 | → Fact | → To describe traumatic event from each participant's perspective on a cognitive level. |
| Stage 3 | → Thought | → To allow participants to describe cognitive reactions and to transition to emotional reactions. |
| Stage 4 | → Reaction | → To identify the most traumatic aspect of the event for the participants and identify emotional reactions. |
| Stage 5 | → Symptom | → To identify personal symptoms of distress and transition back to cognitive level. |
| Stage 6 | → Teaching | → To educate as to normal reactions and adaptive coping mechanisms, i.e., stress management. Provide cognitive anchor. |
| Stage 7 | → Re-Entry | → To clarify ambiguities, prepare for termination, facilitate "psychological closure," i.e., reconstruction. |

CISD PROCESS

COGNITIVE

INTRODUCTION

RE-ENTRY

TEACHING

SYMPTOMS

REACTION

EMOTIONAL

